

ALABAMA'S

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Childhood obesity can lead to serious health problems, shortened life spans

There's a trend spreading quickly among young people across the country, and it's catching on fast. Childhood obesity has become a serious and dangerous reality for many American children. Results from the 1999-2000 National Health and Nutrition Examination Survey reveal that an estimated 15 percent of children and adolescents ages 6-19 years are overweight. The growth of obesity in children is disturbing, but not surprising considering that many adults in America are also fighting the battle with weight. In Alabama, 62.7 percent of Alabama adults are overweight or obese based on their body mass index. But following the example of adult weight gain has led many children to also develop adult health problems. Many children are now dealing with type 2 diabetes, rarely found in children before, as well as high blood pressure, joint problems and breathing difficulties.

"With the State Department of Education, we conducted a pilot study of 822 youth between the ages of 9 and 13 in five Alabama public schools in 2002. We found 17 percent at risk for being overweight and 27 percent overweight. Together, that represents 44 percent of these youth—an alarming number," said Heidi Hataway, assistant director of the Nutrition and Physical Activity Unit, Alabama Department of Public Health.

Unfortunately, the older overweight children become, the worse their health becomes. Heavy children who become heavy adults have a higher risk of heart disease, stroke, cancer and diabetes. In addition to these risks they also shave years off their life. According to a recent study by the University of Alabama at Birmingham, moderate

obesity can cut five years off a person's life and severe obesity can cut 13 years off.

Several factors contribute to this surge of childhood obesity in Alabama. A study by the Centers for Disease Control and Prevention's Youth Risk Behavior System found that in comparing Alabama high school students with students in 33 other states, Alabama teens were the lowest in the consumption of fruits and vegetables, second lowest in exercising to try to control weight, and the lowest in cutting calories to try to control weight.

The difficulty for many parents and children lies largely in a society that encourages minimum activity and maximum eating. Lifestyles in America have become very sedentary with the combination of televisions, computers and video games dominating most people's time.

Forty-three percent of adolescents watch an average of more than two hours of television every day. Not only does watching television lead to an inactive lifestyle, it can also lead to an unhealthy diet. The average American child sees 10,000 food advertisements a year on television, the majority of which advertise fast food. This constant bombardment of advertising is often too tempting for children to resist, and many are partaking in meals high in fat and sugar.

"We have to look in our homes, schools, churches and communities to make sure healthy eating and physical activity opportunities are available. Parents and children together need to make changes. Parents and other adults need to be effective role models for children," said Hataway.

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Campaign stresses good respiratory etiquette

Health care providers in the state of Alabama, and the entire nation, are witnessing frequent outbreaks of respiratory illnesses. These illnesses are transmitted from person to person:

- 1) when an infected person coughs or sneezes and his or her respiratory droplets are inhaled by another person;
- 2) through hand-to-hand contact (such as shaking hands); and
- 3) through hand-to-surface contact (through inanimate objects such as doorknobs and telephones).

In an attempt to decrease the spread of these respiratory illnesses, a "Cover Your Cough Campaign" will be instituted in the county health department clinics. Each clinic will be supplied with patient education brochures to be placed in the patient waiting rooms. The brochure is adapted from a similar campaign that the Minnesota Department of Public Health recently initiated.

Although the artwork is simple and the contents are very basic, the goal of the campaign is to inform patients of the need to daily practice good respiratory etiquette. This entails covering the nose and mouth with a tissue when coughing or sneezing, or if no tissue is immediately available, sneezing or coughing into their upper sleeve.

The brochure also emphasizes the importance of frequent hand washing, especially after coughing or sneezing. Patients are reminded that hands should be

frequently washed with soap and water or with an alcohol-based hand cleaner. Posters with the same brochure information will be sent to each health department for use in the patient waiting rooms.

Each clinic will be supplied with disposable facial masks to be available for use with those patients who are exhibiting respiratory symptoms including a persistent cough. Clinic personnel will give these patients a brochure and a mask and explain to them that by wearing the mask they will help decrease the spread of respiratory illnesses.

In addition to the main objectives of providing patient education and of decreasing the transmission of respiratory illnesses, the campaign will also remind county health department employees of the importance of good infection control and disease control practice.

By CHARLOTTE DENTON

Alabama Department of Public Health

Mission

To serve the people of Alabama by assuring conditions in which they can be healthy.

Value Statement

The purpose of the Alabama Department of Public Health is to provide caring, high quality and professional services for the improvement and protection of the public's health through disease prevention and the assurance of public health services to resident and transient populations of the state regardless of social circumstances or the ability to pay.

The Department of Public Health works closely with the community to preserve and protect the public's health and to provide caring quality services.

ALABAMA'S HEALTH

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Informational materials in alternative formats will be made available upon request.

Obesity.....continued from page 1

The following tips will help parents develop a healthier and more active lifestyle for children:

- Replace, don't limit the amount of food that children eat. If parents substitute nutrient-poor foods with calorie-dense foods children won't feel like they are being punished.
- Aim to eat at least five servings of fruits and vegetables each day.
- Keep healthier snack choices visible and available, such as a bowl of fruit in the kitchen or near the television.
- Encourage physical activity and limit sedentary activities. Children need at least 60 minutes of vigorous activity each day.
- Plan family activities that revolve around physical activity so that children feel support for a changing lifestyle.

For more information on physical activity and healthy eating, please visit the Alabama Department of Public Health's Web site at www.adph.org/nutrition.

By *TAKENYA STOKES*

Retirements

Listed here are employees who retired effective Jan. 1. Retirement photos may be submitted to Alabama's Health.

- Kenneth Ball** - Geneva County Health Department
Hazel Bates - Dallas County Health Department
Margie Braden - Health Care Facilities
Louise Coleman - Public Health Area 7
Barbara Elliott - Clay County Health Department
Mary Hill - Health Promotion and Chronic Disease
Gerald Koellstead - Lee County Health Department
Mary McKinney - Calhoun County Health Department
Julian McLendon - Health Promotion and Chronic Disease
Sadie McReynolds - Baldwin County Health Department
Carol Petty - Facilities Management
Lynne Richardson - Public Health Area 3
Barbara Schofield - Butler County Health Department
Annette Stidham - Marion County Health Department
Shirley Taylor - Tuscaloosa County Health Department

Julian McLendon makes significant contributions in video production, training

For the past 13 years the Video Communications Division of the Bureau of Health Promotion and Chronic Disease has benefited from the expertise of Audio Visual Specialist Julian McLendon in countless ways. He retired effective Jan. 1.



Julian McLendon

McLendon provided the technical and engineering expertise needed to start the new organizational unit in 1991 and to develop the in-house capacity for video production and distance learning. Three years later he developed the design and integration of the

satellite truck equipment and the design of the RSA Tower production facility including specifying all the equipment, producing the engineering calculations of timing and integration, and the actual installation of all of the production equipment.

Director Michael Smith stated, "We will never forget your judicious handling of these special projects that have forever changed the way we provide training to our staff, not only in the department, but for other state agencies in Alabama, Schools of Public Health such as the University of Alabama at Birmingham and Tulane, and the Centers for Disease Control and Prevention as they worked with us in producing the first distance learning program by satellite conference for the national public health workforce back in 1993."

Dianne Lollar receives professional achievement award



Dianne Lollar

The University of Alabama College of Human Environmental Sciences presented the Jack Davis Professional Achievement Award to Dianne Lollar, nutrition director for Public Health Area 1, during UA homecoming activities in Tuscaloosa on Oct. 10.

This award is given annually to outstanding alumni for their professional accomplishments in administration, education, extension, research or business. Recipients must demonstrate that they have advanced the home economics field in their work through recognized leadership.

Lollar was recognized for her extraordinary career achievements in dietetics. She has served as president of the Alabama Dietetic Association, Alabama House of

Delegates representative to the American Dietetic Association, President of the Nutrition Section of the Alabama Public Health Association, Alabama Local Agency Representative to the National WIC Association and Southeast Regional Representative Elect to the National WIC Association.

An advocate for women's and children's issues she organized and served as president of a non-profit organization to educate women on public policy issues. Lollar serves as a Steering Committee member representing the Alabama Dietetic Association on the steering committee, Office of Women's Health. In 1995 she was selected as Alabama's Outstanding Public Health Nutritionist. In 1998 the American Dietetic Association awarded her the Grassroots Scholarship Award for her work with Congress to have the Medical Nutrition Therapy Act passed.

Lollar is currently an adjunct instructor of Community Nutrition at the University of Alabama and a preceptor for the UA College of Human Environmental Science and Oakwood College dietetics program.

Lighten Up Alabama awareness program begins

The United States has the highest percentage of obese people in the world. Alabama, with 24.5 percent of adults obese, is among the top seven states in the nation in this category, according to the department's Center for Health Statistics. Let's do something about it now. Team up for a healthy Alabama with Lighten Up Alabama.

Lighten Up Alabama is an educational awareness program that encourages Alabamians to develop healthy, active lifestyles and eating habits.

For more information, call (334) 280-0065 or e-mail to lua@lightenupalabama.org. Lighten Up Alabama is a division of the Alabama Sports Festival, a non-profit organization.



Cervical Cancer Awareness Month promotes screening

The month of January is Cervical Cancer Awareness Month and the Alabama Department of Public Health encourages all women to get screened. The Alabama Breast and Cervical Cancer Early Detection Program of the Alabama Department of Public Health offers free breast and cervical screenings for women who meet program guidelines.

“Early cervical cancer generally produces no signs or symptoms. As the cancer progresses, symptoms may appear, but the best form of detection is regular Pap smears,” said Brooke Thorington, public education coordinator for the program. “We want to encourage women to make it a new year’s resolution to practice good cervical health.”

The Alabama Breast and Cervical Cancer Early Detection Program offers free pelvic exams and pap smears as well as free clinical breast exams primarily to women ages 40 to 64 who do not have any insurance or who are underinsured and who meet the income eligibility guidelines. Women ages 50 to 64 will receive free mammograms in addition to the services mentioned above. For more information, please call toll-free at 1-877-252-3324.

The American Cancer Society estimates that at least 13,000 women in the U.S., including 200 in Alabama, will be diagnosed with cervical cancer and nearly 4,100 will die of this disease this year. Being a middle-aged woman is one risk factor for developing cervical cancer although it can affect younger women as well.

Another risk factor is the human papillomavirus, or HPV, which is a disease transmitted through sexual contact. HPV, which sometimes results in genital warts on the cervix or vagina, is a major risk factor for cervical cancer.

Smoking increases a woman’s risk of cervical cancer twice as much as that of nonsmokers. Having sex at an early age, multiple sexual partners or a partner who has had many sexual partners, also increases the risk of cervical cancer.

The following are the American Cancer Society recommendations for cervical cancer screening: Cervical cancer screening should begin about three years after a woman begins having vaginal intercourse, but no later than 21 years of age. Cervical screening should be done every year with regular Pap tests. At or after age 30, women who have had three normal test results in a row may get screened every two to three years.

A doctor may suggest getting the test more often if a

woman has certain risk factors such as human immunodeficiency virus (HIV) infection or a weakened immune system. Women who smoke are about twice as likely as those who don’t to get cervical cancer. Tobacco smoke can produce chemicals that may damage the DNA in cells of the cervix and make cancer more likely to occur.

According to the American Cancer Society other risk factors include:

- * Multiple sex partners
- * Sex at an early age
- * Unprotected sex
- * Chlamydia
- * A diet low in fruits and vegetables
- * Obesity
- * Long-term use of birth control pills (five years or more)
- * Many pregnancies
- * Use of the drug DES (diethylstilbestrol)
- * Family history of cervical cancer

Women 70 years of age and older who have had three or more normal Pap test results and no abnormal results in the last 10 years may choose to stop cervical cancer screening.

Screening after a total hysterectomy, with removal of the cervix, is usually not necessary unless the surgery was done as a treatment for cervical cancer or pre-cancer. Some other special conditions may require continued screening. Women who have had a hysterectomy without removal of the cervix should continue cervical cancer screening at least until age 70.

Doris E. Coppage Memorial Award presented

The Alabama Chapter of the Association for Professionals in Infection Control and Epidemiology, Inc. (APIC) annually presents an award to an outstanding Alabama infection control practitioner for distinguished and faithful service to APIC and to the profession.

This award was created to honor the late Mrs. Coppage who was one of the first nurses in Alabama and the United States to enter the infection control profession. The winner of the award receives a plaque and a monetary award.

This year's winner is Charlotte E. Denton, RN, BSN, CIC. Ms. Denton is director of Infection Control, Bureau of Communicable Disease. She began her infection control career in 1978 when she developed and implemented an infection control program for St. Margaret's Hospital in Montgomery.



Charlotte Denton

In 1985 she was recruited to the agency to establish a statewide public health infection control program. During her 18-year tenure she has developed a

computerized database for the employee hepatitis B vaccination program; developed and implemented a statewide Occupational Safety and Health Administration Bloodborne Pathogens plan and an infection control guidelines manual for public health; written numerous guidelines and policies and procedures relevant to infection control and infectious diseases; and has authored/co-authored public health rules and regulations concerning Alabama infected health care workers and Alabama rules for body art practice, and facilities and guidelines for prevention and control of antibiotic-resistant organisms. She is also the coordinator of the health department's state refugee health screening program.

Ms. Denton has been an active member of APIC since 1978. She has previously been elected chapter president three times and has served as board member and held other elected offices throughout the years. She is a recognized expert in infection control as it relates to health care facilities, public health and the lay population. She shares this knowledge through her ongoing educational training programs, teleconferences and consultations.

As a public health advocate, she is past president of the Alabama Public Health Association. She is a graduate of the 2000 class of the South Central Public Health Leadership Institute of the School of Public Health and Tropical Medicine, Tulane University, New Orleans, La.

ABCCEDP celebrates with the Deep South Network CHAs

The Cancer Prevention Division partners with the University of Alabama at Birmingham to educate women on the importance of screening and early detection and to recruit women to the Alabama Breast and Cervical Cancer Early Detection Program, known as ABCCEDP. December provides a perfect opportunity to thank community volunteers for their hard work as well as a time to gather to enjoy good food and fellowship.

UAB's Deep South Network for Cancer Control is a five-year program funded by National Cancer Institute which targets two rural areas - the Alabama Black Belt and the Mississippi Delta. The primary mechanism for reaching communities is by working with Community Health Advisors or CHAs. The CHAs are an amazing group of women and men who are committed to providing their communities with updated cancer information, encouraging them to be screened, and linking people to

services, such as those provided by ADPH.

"The Deep South Network Team is so thankful to the Community Health Advisors who have given themselves unselfishly to eliminate cancer disparities in our underserved communities. We pause at this time of year to show our appreciation to them and the support they have provided," said Claudia Hardy, program director for the Deep South Network.

Attendees who received recognition for their hard work and support were Dr. Edward Partridge, Principal Investigator; and Dr. Grosbeck Parham, Investigator. Other special recognitions went to Eula Weaver of Dallas County for Outstanding CHA of the Year and Sara Woodfolk of Bullock County for being the oldest CHA at 78 years of age.

"These remarkable volunteers have reached more than ABCCEDP.....continued on page 9

Physical Activity Unit recognizes walkers

What if someone asked you to walk from Santa Fe, N.M., to San Francisco, Calif.? Sounds impossible? Well, not for the public health employees honored at the Food and Fitness Awards Ceremony on Dec. 11. These participants were part of a program this year designed by the Nutrition and Physical Activity Unit that had walkers walking miles equivalent to the distance from Santa Fe to San Francisco. Walkers involved in the total program have met their mileage goal of traveling from Montgomery to San Francisco.

Director of Nutrition and Physical Activity Unit, Miriam Gaines, was pleased that the program had gone so well and that employees had been so eager about participating.

"I appreciate all of you for participating and making this so much fun," Gaines said to the honorees.

State Health Officer Don Williamson also praised the walkers for their work. "I want to commend you on what you have done. Right now we eat too much and exercise too little. The next century will be about lifestyle changes. What you have done speaks volumes for the department," Williamson said.

The Dec. 11 awards recognized the teams who completed the last phase of the competition, walking the miles from Mammoth Lake, Calif. to San Francisco. The top walking team winners were the Bypassers in first place with 195 percent of miles walked and 80 percent milk consumption; John's Lawful Loiterers in second place with 178 percent of miles walked and 69 percent milk consumption; and the Capable Crusaders in third place with 150 percent of miles walked and 83 percent milk consumption.

The top individual walkers were John Wible with 226 miles, Brenda Anderson with 144 miles, Rick Harris with 142 miles, and Cheryl Perez with 118 miles. The top milk drinkers were Heidi Hataway, Carolyn Johnson, Geraldine Rose Daniels and Janet Grafton.

Participants who had participated in any part of the year long program also received awards from the Governor's Commission on Physical Fitness. These categorical awards recognized persons who had walked from 25 miles to over 1,000 miles during the year. The

commission acknowledges those who are making efforts to improve their health through physical activity during the year. Director of the commission, Ronnie Floyd, was pleased with the participants' results and pointed out that the health benefits they received was the greatest award.

"The importance of physical activity is that you're doing something. It's not about how you look, but about what you do. That's what keeps away Type 2 diabetes and heart attacks. There is great value in exercising and eating well," said Floyd.



Participants in the 450 mile club were honored at the ceremony.

The top individual winners for the Governor's Physical Fitness Awards were John Wible and Brenda Anderson who were a part of the 1,000 mile club.

Gaines feels that everyone who participated in the program is a winner. "Although we are certainly pleased to be able to give recognition to those

persons in the top mileage clubs, we also want to recognize all of those who made an effort to make a positive lifestyle change."

The following is the list of all of the winners of Governor's Physical Fitness Awards:

*** 1000 mile club**

Brenda Anderson
John Wible

*** 400 mile club**

Tracey Cannon
Lucille Cummings
Cindy Davis
Kendra Eubanks
Jawanna Evans
Connie Fikes
Miriam Gaines
Janet Grafton
Daytha Grier
Rick Harris
Earnest Long
Crystal Naggles
Cheryl Perez

Awards.....continued on page 8

Awards continued.....from page 7

Leona Pettway
Thomas Sankey
Anita Sanford
Randy Sexton
Charlene Thomas
*** 250 mile club**
Gene Commander
Heidi Hataway
Harrell Huff
Jodi Jackson
Carolyn Johnson
Lisa Jones
Barbara Mack
Phyllis Mardis
Sharon Massingale
Molly Pettyjohn
Leatrice Phillips
Carolyn Robinson
Jennifer Shaw
Debbie Slauson
Gayla Strickland
Norma Vance
Sandra Wood
Marion Woodman
*** 100 mile club**
Barbara Allen
Tonya Appleyard
Deborah Beard
Mike Cash
Janette Cawthon
Geraldine Rose Daniels
Tralis Dennis
Marilyn Dozier
Danna Driscoll
Jane Ellen
Art Elmore
Lou Fomby
Jackie Giddens
Richard Glass
Elizabeth Gordon
Frank Haggard
Brenda Harris
Vicki Hurst
Andra Jackson
Rose Lawley
Dechelle Merritt
Genevia Moore
Sam Moore
Brenda Nelson
Jeannine Parker

Pete Preston
Julia Ramsey
Myron Riley
Angela Rudolph
Brenda Ryals
Becky Sloop
Shirley Starnes
Renee Stewart
Dana Strickland
Jay Taylor
Valerie Taylor
Mary Walthall
Dick Williams
*** 75 mile club**
Alfreda Arrington
Dennis Blair
Leslie Britt
Gloria Henderson
Barbara Inge
Georgia Minor
Susan Murdock
Kimberly Parker
Rod Sankey
Janice Terrell
*** 50 mile club**
Patsy Beasley
Bettye Cooper
Debbie Henderson
Priscilla Merriweather
Aretha Williams
*** 25 mile club**
Tandra Bailey
Barbara Gordon
Nakema Moss
Valerie Taylor



Participants in the 250 mile club display their awards.

AIPHA
Announces the
Ira L. Myers Scholarship
Approximate Value \$6,000.00

In conjunction with the UAB School of Public Health, AIPHA announces the availability of the Ira L. Myers Scholarship. The scholarship is awarded to honor Ira L. Myers, former Alabama State Health Officer, for his 40 years of dedicated service to the citizens of the State of Alabama.

The Ira L. Myers Scholarship, funded by AIPHA and the UAB School of Public Health, supports one master's or doctoral candidate for two years of part-time study at the UAB School of Public Health. The scholarship is not intended to cover all costs related to the graduate experience. It does provide tuition and a monthly stipend to cover related expenses up to \$6,000.00.

Eligibility requirements for the Myers Scholarship include membership in the Alabama Public Health Association and acceptance by the UAB School of Public Health to an advanced degree program.

Completed applications (the application process takes 2-4 weeks) for either the master's or doctoral program **must be received** by the UAB School of Public Health by **Feb. 15, 2004**. To apply for the scholarship, request an application packet from:

Linda Mosley
UAB School of Public Health
Office of Student and Academic Services
Ryals Building, Room 120
1665 University Boulevard
Birmingham, Alabama 35294-008
Phone: 205.934.7179

You can apply for admission on line at www.uab.edu/publichealth and download a tuition assistance application to apply for the scholarship @ <http://images.main.uab.edu/isoph/Admissions/20032004finapp.pdf>.

Questions about admission to the UAB School of Public Health and the Ira L. Myers Scholarship should be directed to Linda Mosley.

ABCCEDP.....continued from page 6

12,000 people in Alabama and Mississippi with cancer information and resources," said Viki Brant, ADPH Cancer Prevention Division director. "We could not have been so successful without them."

By JORA THOMAS

PALS Governor's Award presented to Carolyn Frierson



Carolyn Frierson

Carolyn Frierson, environmental health specialist with the Tuscaloosa County Health Department, had the distinct honor of receiving the 2003 Alabama People Against A Littered State Governor's Award recently. The PALS Governor's Award is awarded to individuals who display excellence in the enforcement of health and

Tuscaloosa citizens.

Ken Swindle, Tuscaloosa Chief of Police states, "Ms. Frierson has been called upon to assist us by rendering her expertise in the field of health, sanitation and environmental issues in order to resolve problem areas within the city. Ms Frierson is very knowledgeable of rules and regulations relating to those issues and has shared her knowledge by working alongside our officers and training them in enforcement of their rules and regulations. We congratulate Ms Frierson on a job well done."

environmental laws in the State of Alabama.

Ms. Frierson has been serving the Tuscaloosa community for 25 years. Her commitment at assisting Tuscaloosa law enforcement officers has been instrumental in improving the health and safety of all

Lotus Notes Tips - Troubleshooting user problems

Unread marks

Some users have been having problems with previously read e-mail turning red, indicating that the e-mail has not been read. Here are some methods that will prevent this from recurring.

If messages are read within Lotus Notes, simply closing Notes will force read marks to be retained. Alternately, folders may be created to sort mail that needs to be kept after it has been read.

This will move it out of the in-box view and indicate that it has already been read, even if it turns red again.

If after first viewing unread e-mail on a PDA, synchronizing the PDA before reading new e-mail through Lotus Notes will stop those PDA-read messages from showing up as unread.

Losing data entered into an attachment

Another problem encountered by users is losing data entered into an attachment. To prevent data loss, the attachment should be detached to the computer's hard drive before making changes.

If changes are made to a document that has been launched but not detached, use the "Save As" command

and name the file.

If changes have been made and the file closed, all may not be lost. Do not close Lotus Notes. Call the CSC Help Desk for assistance in recovering this file.

New mail notifications

Lotus Notes automatically notifies users when new mail comes to their mailbox on the server. Depending on user settings, mail may not be showing in the user's in-box. By default, Lotus Notes is set to check for new mail every two minutes. Although it seems that these two functions should be connected, they are not.

Even if new mail has been received on the server, it will not show in the user's Lotus Notes in-box until that view has been refreshed. This can happen one of two basic ways — automatically, whenever the database is opened or after the passing of the number of minutes set in "User Preferences;" and manually, by selecting the "Open Mailbox" button on the new message notification dialogue box or by pressing the "F9" key while the mailbox is the active window in the Notes client.

By TRACEY CANNON

Commendations

Health department employees who are listed here have received letters of commendation recently. To recognize other employees, please send letters through your supervisors or the state health officer to *Alabama's Health*.

Jimmie Brown
Mary Kibler
Computer Systems Center

From Lesa Smith
Headland, Ala.

Florine Croxton
Center for Emergency Preparedness

from Shenell Fuller
Montgomery, Ala.
Lesla C. Smith
Headland, Ala.

Carolyn Duck
Health Care Facilities

From Sandra Edgar
El Dorado, Kan.

Nicole Henderson
Teresa Mulkey
Reginald Strickland
Center for Health Statistics

from Department of Human Resources
Office of Adoption

Jackie Esty
Center for Health Statistics

from Joyce Davis
Detroit, Mich.

Nicole Henderson
Center for Health Statistics

from Joy Germanos
Address unlisted
Jean Blackmon

Montgomery, Ala.

Wendy Washington
Center for Health Statistics

from Annette Robinson
Montgomery, Ala.

Jill Brewer
Center for Health Statistics

from Hilton and Henrietta Hill
River Rouge, Mich.

Karen Rasberry
Center for Health Statistics

from Mary Fink
Anniston, Ala.

Jackie Esty
Center for Health Statistics

from Mrs. Don Campbell
Irvine, Calif.



January is National Birth Defects Prevention Month and National Eye Care Month.

Calendar of Events

January 18-24 Healthy Weight Week



January 28

Lessons from the Front Lines of Risk and Crisis Communication: SARS and Influenza, 12 noon-1:30 p.m. For more information contact Video Communications, (334) 206-5618.



February 4

Infection Control Update 2004, Home Health Aides and Home Attendants, 2-4 p.m. For more information contact Brenda Elliott, (334) 347-2664, extension 402.



February 5

Sexual Coercion (Part 1 of 2) , 2-4 p.m. For more information contact Annie Voxel, (334) 206-2959.



February 11

Breast Cancer, Public Health Staff Development, 2-4 p.m. For more information contact Michele Jones, (334) 206-5655.



February 18

Agroterrorism (SCCPHP), 12 noon-1:30 p.m. For more information contact Video Communications, (334) 206-5618.



March 10

STD Update for Clinicians and Counselors, Public Health Staff Development. For more information contact Annie Voxel, (334) 206-2959.



March 18

Sexual Coercion (Part 2 of 2) , 2-4 p.m. For more information contact Annie Voxel, (334) 206-2959.



March 25

Tuberculosis. For more information contact Anic Lopez, (334) 206-5923.



March 30

Chemical Risk Assessment (SCCPHP), 12 noon-1:30 p.m. For more information contact Video Communications, (334) 206-5618.



March 31

Home Health Aides and Home Attendants, 2-4 p.m. For more information contact Brenda Elliott, (334) 347-2664, extension 402.



April 1

ADPH Statewide Staff Meeting, 3-4 p.m.

